

# Lunch

WGR – Whole Grain

WW – Whole Wheat

## MGR – Multi Grain



# June 2026

| Sunday                                                                                                                                                                                         | Monday                                                                                                                         | Tuesday                                                                                                     | Wednesday                                                                                                                            | Thursday                                                                                                                | Friday                                                                                                                                       | Saturday                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein- Ounce/4 Ounces<br>Vegetables ⅓ Cup, 2 tbsp<br>Fruit ⅓ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup                  | <b>1</b><br><br>(WGR) Chicken<br>Alfredo Fettuccini<br>Green Beans<br>Garlic Bread<br>Apple Slices<br>Milk & Water             | <b>2</b><br><br>Chicken Fried Rice<br>Steamed Broccoli<br>Pineapple Chunks<br>Milk & Water                  | <b>3</b><br><br>Cheese Pizza<br>Steamed (infants) Carrot<br>Sticks<br>With Ranch<br>Banana Slices<br>Milk & Water                    | <b>4</b><br><br>Chicken & Cheese<br>Flautas<br>Spanish Rice<br>Mixed Vegetables<br>Fruit Cocktail<br>Milk & Water       | <b>5</b><br><br>Chicken Burger<br>(WW) Bun<br>Steamed Broccoli<br>Apple Slices<br>Milk & Water                                               | <b>6</b><br><br><b>Size Servings Ages 3-5</b><br>6 Fluid Ounces 1% milk<br>Protein1.5 Ounces/6 Ounces<br>½ Cup, ¾ Cup, ⅔ Cup<br>Vegetables/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup  |
| <b>7</b><br><br><b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein- Ounce/4 Ounces<br>Vegetables ⅓ Cup, 2 tbsp<br>Fruit ⅓ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup  | <b>8</b><br><br>Spaghetti with Meat<br>Sauce<br>Garlic Bread<br>Green Beans<br>Orange Slices<br>Milk & Water                   | <b>9</b><br><br>BBQ Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Mandarin Oranges<br>Milk & Water         | <b>10</b><br><br>Chicken Nuggets<br>Mashed Potatoes<br>Peas<br>Orange Slices<br>Milk & Water                                         | <b>11</b><br><br>(WGR) Chicken and<br>Cheese Quesadillas<br>With Steamed Corn<br>Mixed Fruit<br>Milk & Water            | <b>12</b><br><br>(WW) Grilled Cheese<br>Sandwich<br>Steamed (infants) Carrot<br>Sticks w/Ranch<br>Apple and Orange<br>Slices<br>Milk & Water | <b>13</b><br><br><b>Size Servings Ages 3-5</b><br>6 Fluid Ounces 1% milk<br>Protein1.5 Ounces/6 Ounces<br>½ Cup, ¾ Cup, ⅔ Cup<br>Vegetables/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup |
| <b>14</b><br><br><b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein- Ounce/4 Ounces<br>Vegetables ⅓ Cup, 2 tbsp<br>Fruit ⅓ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>15</b><br><br>(WGR) Cheese &<br>Spinach Lasagna<br>Garlic Bread<br>Mixed Fruit<br>Milk & Water                              | <b>16</b><br><br>(WGR) Chicken<br>Noodle<br>Stir Fry<br>Steamed Broccoli<br>Orange Slices<br>Milk & Water   | <b>17</b><br><br>(WW) Turkey & Cheese<br>Sandwich<br>Steamed (infants) Carrots<br>with Ranch Dressing<br>Pear Slices<br>Milk & Water | <b>18</b><br><br>(WGR) Cheese & Bean<br>Burritos<br>Mexican Rice<br>Steamed Green Beans<br>Peach Slices<br>Milk & Water | <b>19</b><br><br>Chicken Tenders<br>Mashed Potato<br>Peas and Carrots<br>Orange Slices<br>Milk & Water                                       | <b>20</b><br><br><b>Size Servings Ages 3-5</b><br>6 Fluid Ounces 1% milk<br>Protein1.5 Ounces/6 Ounces<br>½ Cup, ¾ Cup, ⅔ Cup<br>Vegetables/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup |
| <b>21</b><br><br><b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein- Ounce/4 Ounces<br>Vegetables ⅓ Cup, 2 tbsp<br>Fruit ⅓ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>22</b><br><br>Cheese Ravioli W/<br>Marinara Sauce<br>Green Beans<br>Garlic Bread<br>Apple<br>Milk & Water                   | <b>23</b><br><br>Orange Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Mandarin Oranges<br>Milk & Water     | <b>24</b><br><br>(WGR) Macaroni &<br>Cheese<br>Steamed Peas<br>Banana Slices<br>Milk & Water                                         | <b>25</b><br><br>(WGR) Soft Chicken<br>Tacos<br>Spanish Rice<br>Mixed Vegetables<br>Banana Slices<br>Milk & Water       | <b>26</b><br><br>Popcorn Chickens<br>With BBQ Dip<br>Cornbread<br>Corn<br>Apple Slices<br>Milk & Water                                       | <b>27</b><br><br><b>Size Servings Ages 3-5</b><br>6 Fluid Ounces 1% milk<br>Protein1.5 Ounces/6 Ounces<br>½ Cup, ¾ Cup, ⅔ Cup<br>Vegetables/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup |
| <b>28</b><br><br><b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein- Ounce/4 Ounces<br>Vegetables ⅓ Cup, 2 tbsp<br>Fruit ⅓ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>29</b><br><br>(WGR) Baked Ziti with<br>Mozzarella & Marinara<br>Green Beans<br>Garlic Bread<br>Apple Slices<br>Milk & Water | <b>30</b><br><br>Teriyaki Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Mandarin Oranges<br>Milk and Water | <b>**This institution is an<br/>equal opportunity<br/>provider**</b>                                                                 | <b>Free Meal<br/>modifications are<br/>available upon<br/>request for<br/>participants with<br/>disabilities</b>        |                                                                                                                                              | <b>Size Servings Ages 3-5</b><br>6 Fluid Ounces 1% milk<br>Protein1.5 Ounces/6 Ounces<br>½ Cup, ¾ Cup, ⅔ Cup<br>Vegetables/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup                  |